

ABSTRACT OF THE DISCLOSURE

The invention provides an electrochemical cell which includes a first electrode and a second electrode which is a counter electrode to said first electrode, and an electrolyte material interposed there between. The first electrode comprises an electrode active material represented by the general nominal formula $A_a[M_m, Ml_n, MII_o](XY_4)_dZ_e$, wherein at least one of M, MI and MII is a redox active element, $0 < m, n, o \leq 4$, and $\frac{1}{2}[V(MI) + V(MII)] = V(M)$, wherein V(M) is the valence state of M, V(MI) is the valence state of MI, and V(MII) is the valence state of MII.